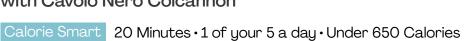
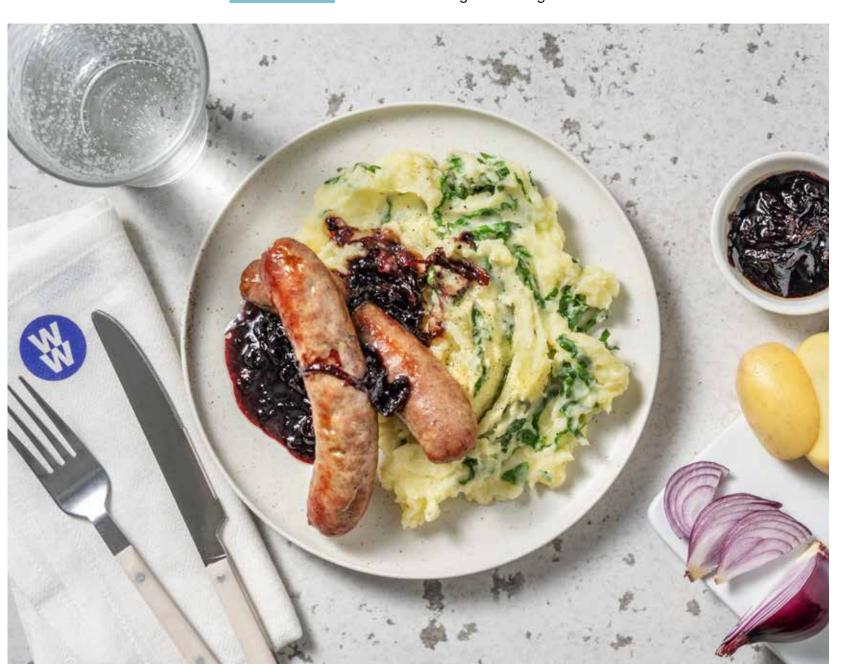


# Honey Mustard Sausages and Onion Gravy

with Cavolo Nero Colcannon









Honey Mustard Sausages





Red Onion







Chopped Cavolo Nero



Balsamic Vinegar





Redcurrant Jelly

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

# Cooking tools

Kettle, baking tray, peeler, saucepan, frying pan, lid, colander and potato masher.

## Ingredients

Ingredients	2P	3P	4P	
Honey Mustard Sausages** 9) 14)	4	6	8	
Potatoes	450g	700g	900g	
Red Onion**	1	2	2	
Chopped Cavolo Nero**	100g	150g	200g	
Balsamic Vinegar 14)	1 sachet	2 sachets	2 sachets	
Red Wine Stock Paste <b>14</b> )	1 sachet	2 sachets	2 sachets	
Redcurrant Jelly	25g	37g	50g	
Pantry	2P	3P	4P	
Water for the Sauce*	75ml	100ml	150ml	
*Not Included **Store in the Fridge				

#### Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	502g	100g
Energy (kJ/kcal)	2398 /573	478/114
Fat (g)	21.1	4.2
Sat. Fat (g)	7.3	1.5
Carbohydrate (g)	71.0	14.2
Sugars (g)	22.6	4.5
Protein (g)	24.7	4.9
Salt (g)	3.83	0.76

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). PersonalPoints™ values based on low-cal cooking spray oil.

# Allergens

9) Mustard 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

#### Contact

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HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







# Bake the Sausages

- a) Preheat your oven to 240°C/220°C fan/gas mark 9.
- **b)** Fill and boil your kettle.
- c) Pop the sausages onto a baking tray. When the oven is hot, roast on the top shelf until browned and cooked through, 16-18 mins. Turn halfway through. IMPORTANT: Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.



## **Boil the Potatoes**

- a) Meanwhile, chop the potatoes into 2cm chunks (peel first if you prefer).
- **b)** Pour the **boiling water** into a large saucepan with 1/2 tsp salt on high heat.
- c) Add the potatoes to the water and cook until you can easily slip a knife through, 15-18 mins.



# Fry the Onion

- a) Meanwhile, halve, peel and thinly slice the red onion.
- **b)** Heat a drizzle of **oil** in a small frying pan on medium-high heat.
- c) Once hot, add the onion and cook, stirring often, until softened, 5-7 mins.



# Cook the Cavolo Nero

- a) When the **potatoes** have 6 mins of cooking time left, add the cavolo nero to the potato pan. TIP: Remove any tough stalks from the cavolo nero.
- b) Submerge the cavolo nero in the boiling water and cover with a lid. Cook for the remaining time until tender, 6-7 mins.



# Bring on the Gravu

- a) Once the onions are soft, lower the heat to medium and add the balsamic vinegar. Cook until sticky, 1-2 mins.
- **b)** Add the water for the sauce (see pantry for amount) and bring to the boil.
- c) Stir in the red wine stock paste and redcurrant jelly. Simmer until the sauce has thickened slightly, 2-3 mins. Add a splash of water if it gets too thick.



## Mash and Serve

- a) Once the potatoes and cavolo nero are cooked, drain in a colander and return to the pan.
- b) Add a knob of butter and a splash of milk (if you have any) and roughly mash. Season to taste with salt and pepper - colcannon made!
- c) Share the colcannon between your plates and serve the sausages alongside. Spoon the onion gravy over to finish.

Enjoy!







